



Middle School (6-8) Lunch Menu

November 2013

The cost of a paid student meal is \$2.50. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wednesday November 20th is Fiji Day!</p> <p><i>We will be celebrating all day long by featuring recipes from Fiji on all of our menus. Eat breakfast and lunch at school so you can taste these great island flavors!</i></p>				<p>1</p> <p>Whole Wheat Spaghetti w/ Turkey Meatballs & Marinara</p> <p>OR</p> <p>Whole Wheat Spaghetti w/ Marinara & Mozzarella</p> <p>Seasoned Carrots Fresh Celery Sticks w/ Light Dressing</p> <p>Pear Sauce</p>
<p>4</p> <p>Rotini w/ Turkey Meat Sauce</p> <p>OR</p> <p>Toasted Cheese Sandwich</p> <p>Green Beans Italiano Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Local Apple</p>	<p>5</p> <p>Savory Beef Burger on a Whole Wheat Bun</p> <p>OR</p> <p>Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips</p> <p>Ranch Style Black Beans Fresh Cucumber Coins</p> <p>Fresh Orange</p>	<p>6</p> <p>BBQ Turkey Sandwich on Whole Wheat Bun</p> <p>OR</p> <p>Panzanella Salad</p> <p>Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad</p> <p>Chilled Peaches</p>	<p>7</p> <p>Spicy Buffalo Chicken Whole Grain Wrap</p> <p>OR</p> <p>Egg Salad Sandwich on Whole Wheat Bread</p> <p>Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Banana</p>	<p>8</p> <p>Homemade Cheese Pizza on Whole Wheat Crust</p> <p>OR</p> <p>Tuna Melt on Whole Grain Bread</p> <p>Seasoned Carrots Fresh Romaine & Tomato Side Salad</p> <p>Pear Sauce</p>
<p>11</p> <p>Veteran's Day</p> <p>No School</p>	<p>12</p> <p>Santa Fe Beef Burger</p> <p>OR</p> <p>Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll</p> <p>Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Orange</p>	<p>13</p> <p>Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun</p> <p>OR</p> <p>Italian Bagel</p> <p>Seasoned Broccoli Fresh Confetti Coleslaw</p> <p>Fresh Local Apple</p>	<p>14</p> <p>Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll</p> <p>OR</p> <p>Whole Grain Homemade Mac-N-Cheese</p> <p>Seasoned Carrots Fresh Tuscan Kale Salad</p> <p>Fresh Banana</p>	<p>15</p> <p>Teriyaki Chicken w/ Brown Rice</p> <p>OR</p> <p>NEW! Polynesian Veggie Lo Mein</p> <p>Seasoned Peas Fresh Baby Carrots w/ Light Dressing</p> <p>Pear Sauce</p>
<p>18</p> <p>Whole Wheat Spaghetti w/ Beef Meatballs & Marinara</p> <p>OR</p> <p>Whole Wheat Spaghetti w/ Marinara & Mozzarella</p> <p>Seasoned Green Beans Fresh Romaine & Tomato Side Salad</p> <p>Fresh Local Apple</p>	<p>19</p> <p>Turkey Hot Dog on a Whole Wheat Bun</p> <p>OR</p> <p>Toasted Cheese Sandwich</p> <p>Baked Beans Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Orange</p>	<p>20</p> <p>Fiji Day</p> <p>Curry Chicken w/ Ginger Lime Brown Rice</p> <p>OR</p> <p>Ginger Fish w/ Ginger Lime Brown Rice</p> <p>OR</p> <p>Curry Veggie Stir Fry w/ Ginger Lime Brown Rice</p> <p>Fijian Hash Curry Coleslaw Fresh Banana</p>	<p>21</p> <p>Thanksgiving Meal</p> <p>Oven Roasted Turkey Breast w/ Gravy, & Cranberry Cornbread</p> <p>OR</p> <p>Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll</p> <p>Rachael Ray YUM-O Sweet Potato Mash</p> <p>Fresh Broccoli Florets w/ Light Dressing</p> <p>Chilled Peaches</p>	<p>22</p> <p>Korean Chicken w/ Brown Rice</p> <p>OR</p> <p>Veggie Stir Fry w/ Brown Rice</p> <p>Seasoned Carrots Fresh Celery Sticks w/ Light Dressing</p> <p>Pear Sauce</p>
<p>25</p> <p>Beefy Sloppy Joe on a Whole Wheat Bun</p> <p>OR</p> <p>Egg Salad Sandwich on Whole Wheat Bread</p> <p>Southwest Pinto Beans Fresh Cucumber Coins</p> <p>Fresh Local Apple</p>	<p>26</p> <p>Rotisserie Chicken Drumstick w/ Brown Rice</p> <p>OR</p> <p>Whole Grain Homemade Mac-N-Cheese</p> <p>Green Beans Italiano Fresh Romaine & Tomato Side Salad</p> <p>Fresh Orange</p>	<p>27</p> <p>Whole Grain Chicken Nuggets Whole Wheat Dinner Roll</p> <p>OR</p> <p>Panzanella Salad</p> <p>Baked Sweet Potato Half w/ Cinnamon</p> <p>Fresh Broccoli Florets w/ Light Dressing</p> <p>Fresh Banana</p>	<p>28</p> <p>Happy Thanksgiving</p> <p></p> <p>No School</p>	<p>29</p> <p>Thanksgiving Break No School</p> <p>This month featuring Rachael Ray's</p> <p></p> <p>Sweet Potato Mash</p>
<p>Daily Alternate Options</p>				
<p>Monday</p> <p>Turkey Pastrami Sandwich on Whole Wheat Roll</p>	<p>Tuesday</p> <p>Turkey & Cheese on Whole Wheat Roll w/ Fresh Romaine</p>	<p>Wednesday</p> <p>Chicken Caesar Salad w/ Fresh Romaine & Croutons w/ Whole Wheat Dinner Roll</p>	<p>Thursday</p> <p>Chef Salad w/ Fresh Romaine, Turkey-Ham, Egg, Cheese & Whole Wheat Dinner Roll</p>	<p>Friday</p> <p>Garden Salad w/ Fresh Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll</p>

The Food Focus for November is Turkey!

Did You Know that farmers produce over 300 million turkeys per year? That's a lot of turkey! Turkey is a healthy protein choice and a good substitution for red meats because it is lower in saturated fat and cholesterol. Remember to cook your turkey until a meat thermometer reads 165° F for at least 15 seconds. Don't know what to do with all those turkey leftovers? Check out this recipe for turkey tacos with cranberry salsa on

<http://chartwells.compass-usa.com/dc/Pages/Home.aspx>

